

V. Materials and Resources

This section has additional health-related information and a listing of health programs and organizations to support your efforts. You can incorporate the information in your fact sheets, handouts, or talking points. The Annotated Health Resources List gives you the Web links and phone numbers to numerous organizations, including the Office on Women's Health, which have a wealth of educational information available online or that you can order.

Information on *Women's Health USA 2002*

Women's Health USA 2002 is a report on the health status of American women and major trends impacting their wellness. This page provides an overview of the report and ordering information.

Information on *Healthy People in Healthy Communities*

Healthy People in Healthy Communities, A Community Planning Guide Using Healthy People 2010 is a publication from the Office of Disease Prevention and Health Promotion that provides information about the steps involved in forming and running a healthy community coalition. This section provides a brief overview and information on how to download it from the Internet.

Annotated Health Resources List

This list contains phone and Web information for a variety of government-sponsored health programs and organizations that provide educational information and materials to the public. Many of the resources offer information in both Spanish and English and have documents posted online that are available to download for free.

Sample Pockets of Materials

In the back of this kit are insert pockets with samples of materials you can use in this campaign. They are:

- ❖ Materials order form (to use to order materials for your events)
- ❖ Flyer of all the 2003 planners available; a copy of the listserv cards that you can distribute so that women can sign up to receive weekly health tips by e-mail
- ❖ *STEPS*—the campaign's quarterly newsletter
- ❖ Campaign poster

Women's Health USA 2002

The U.S. Department of Health and Human Services Issues New Statistical Look at Women's Health

Women's Health USA 2002 is a new report that gives statistical information on the health status of America's women and shows the disproportionate impact that certain health conditions such as osteoporosis, asthma, diabetes, and lupus have on women.

"For the first time, we're giving people a single place to go to get a comprehensive look at the health status of women across the nation," HHS Secretary Tommy G. Thompson said. "It reflects our ongoing commitment not only to identifying trends in women's health but also to taking the right steps to improve their health in the future."

Compiled by HHS' Health Resources and Services Administration (HRSA), the report highlights current and historical data on some of the most pressing health challenges facing women and their families. Data are provided on health and health-related indicators in three categories: population characteristics, health status, and health services utilization. It shows that most U.S. women 40 years of age and older in 1998 had received a mammogram in the previous two years and a Pap smear in the previous three years. Black, non-Hispanic women (83 percent) were most likely to have reported receiving a Pap smear during that three-year period.

Other highlights from the report are:

- Women's life expectancy reached a new record in 2000—79.5 years. While Black females had the greatest life-expectancy gain (12.3 years) between 1950 and 2000, there was still a five-year difference in life expectancy between White (80 years) and Black (75 years) females.
- More U.S. women than ever before are getting prenatal care in their first trimester of pregnancy. In 2000, 83 percent received early prenatal care, up from 75 percent in 1989.
- In 2000, 10,459 AIDS cases were diagnosed in females aged 13 and older; 38 percent were exposed through heterosexual contact. Almost one-half of U.S. women under 45 have been tested for HIV.

TO GET COPIES:

- View and/or download and print copy from Web site:
<http://mchb.hrsa.gov/data/women.htm>
- Order free hard copies: call the HRSA Information Center (1-888-ASK-HRSA or visit the Center's Web site at <http://www.ask.hrsa.gov>).

Healthy People in Healthy Communities

The Office of Disease Prevention and Health Promotion, Office of Public Health and Science, Department of Health and Human Services has a planning guide that provides doable steps to forming a community coalition based on Healthy People 2010 goals.

Healthy People 2010 was developed by citizens from throughout the Nation, in a multiyear process that was coordinated by the U. S. Department of Health and Human Services (HHS). For two decades, HHS has used Healthy People objectives to improve the health of the American people. Healthy People 2010 is designed to achieve two overarching goals: (1) to increase the quality and years of healthy life and (2) to eliminate health disparities. (A health disparity is a gap in the health status of different groups of people in which one group is healthier than the other group or groups.) These two goals are supported by 467 objectives in 28 focus areas. Healthy People 2010 also identifies a smaller set of health priorities that reflects 10 major public health concerns in the United States. These 10 topics highlight individual behaviors, physical, social, and environmental factors, and important health system issues that greatly affect the health of individuals and communities. Examined together, they constitute a set of "Leading Health Indicators" that provides a snapshot of the Nation's health and serves to provide guidance and focus for the public, media, and elected officials.

Healthy People in Healthy Communities is a guide that takes the Healthy People 2010 goals and breaks them down into steps that can be implemented in any community. It covers strategies for creating a healthy community, how to assess community needs and put together an action plan, as well as how to get support for others in the community by partnering with local professionals and organizations.

This publication can be ordered in several ways:

Online

<http://bookstore.gpo.gov>

Phone:

202-512-1800

Fax:

Fax order forms taken from Web site to 202-512-2250

Mail:

Mail order forms to:

Superintendent of Documents

P. O. Box 371954

Pittsburgh, PA 15250-7954

Or download from the Internet at the link below:

<http://www.health.gov/healthypeople/Publications/HealthyCommunities2001/toc.htm>

Annotated Health Resources List

GENERAL INFORMATION

Consumer Information Center (CIC)

Phone: 719-948-4000

Web: www.pueblo.gsa.gov

Provides a quarterly catalogue of helpful Federal publications on a variety of topics, including nutrition, health, and exercise, that are available for free or a nominal fee.

Healthfinder

Phone: 1-800-336-4797

Web: www.healthfinder.gov

Features a health library reference section; special topics organized by age, ethnicity, and gender; health care information; and a directory of other reliable Web health-related resources.

National Women's Health Information Center (NWHIC)

Phone: 1-800-994-9662

TDD: 1-888-220-5446

Web: www.4woman.gov

Contains a comprehensive, searchable health information database and links to a broad range of diverse women's health topics (healthy pregnancy, disabilities, screening and immunization) and education campaigns, including the *Pick Your Path to Health* site.

WebMD

Web: www.Webmd.com

Offers a broad spectrum of medical, health and wellness, and consumer information, with links to related Web resources.

ALCOHOL AND DRUG ABUSE

Al-Anon Family Group Headquarters, Inc.

Phone: 1-888-425-2666

Web: www.al-anon.alateen.org

Offers information and local support group referrals for significant others in an alcoholic person's life, including spouses (Al-Anon) and children (Alateen).

Alcoholics Anonymous (AA) World Services, Inc.

Phone: 212-870-3400

Web: www.aa.org

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Provides information and local support group referrals for people seeking help with alcohol abuse. Local AA chapters may also be listed in your community telephone directory.

Narcotics Anonymous (NA) World Services, Inc.

Phone: 818-773-9999

Web: www.na.org

Offers information and local support group referrals for people seeking help with narcotics abuse. Local NA chapters may also be listed in your community telephone directory.

National Black Alcoholism Council (NBAC)

Phone: 202-296-2696

Provides information and referrals for individuals and families dealing with alcohol abuse.

National Clearinghouse for Alcohol and Drug Information (NCADI)

Phone: 1-800-729-6686

Spanish: 1-877-767-8432

TTY/TDD: 1-800-487-4889

Web: www.health.org

Disseminates publications and materials related to drug and alcohol use and operates a resource library that is open to the public.

National Council on Alcoholism and Drug Dependence, Inc. (NCADD)

Phone: 1-800-NCA-CALL (HOPE LINE)

Web: www.ncadd.org

Offers information and educational materials on alcoholism. Contact the HOPE LINE for phone numbers of local affiliates for treatment resources in your community.

National Institute on Alcohol Abuse and Alcoholism (NIAAA)

Phone: 301-443-3860

Web: www.niaaa.nih.gov

Offers information and educational materials on various aspects of alcoholism (underage drinking, consumption during pregnancy) and help for reducing use. Some materials are available in Spanish.

National Institute on Drug Abuse (NIDA)

Phone: 301-443-1124

Web: www.nida.nih.gov

Contains research and educational materials related to drugs and their effect on the brain, a glossary of commonly used substances and their street names, and links to other drug-related Web resources.

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DISABILITY RESOURCES

ADA Information Center for the Mid-Atlantic Region

Phone: 1-800-949-4232

Web: www.adainfo.org

Provides training, information, and technical assistance on the Americans with Disabilities Act (ADA) to businesses, consumers, and both State and local governments within the Mid-Atlantic Region (DC, DE, MD, PA, VA, WV).

Breast Health Access for Women with Disabilities

Phone: 510-204-4866

TDD: 510-204-4574

Web: www.bhawd.org

Features information on an adaptive breast self-examination and links to other health-related Web sites designed for women with disabilities.

Center for Resources on Women with Disabilities (CROWD)

Phone: 1-800-44-CROWD

TDD: 713-960-0505

Web: www.bcm.tmc.edu/crowd/index.htm

Offers information, educational materials, links that focus on issues related to health, aging, civil rights, abuse, and independent living for women with disabilities.

National Center on Birth Defects and Developmental Disabilities

Phone: 770-488-7150

Web: www.cdc.gov/ncbddd

Contains fact sheets, journal article summaries, hot topics FAQ pages, and publications on the prevention, screening, and treatment of birth defects and developmental disabilities.

National Council on Disability (NCD)

Phone: 202-272-2004

TTY: 202-272-2074

Web: www.ncd.gov

Offers information on disability-related civil rights, technical assistance, parent support organizations, and Social Security benefits, and an archive of press releases on relevant topics.

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National Information Center for Children and Youth with Disabilities (NICHCY)

Phone/TTY: 1-800-695-0285

Web: www.nichcy.org

Provides technical assistance, referrals, and information on disabilities and disability-related issues, specifically topics of relevance for children and youth. Information regarding support for parents is also available. Bilingual (English/Spanish) staff are available to assist callers.

Social Security Administration (SSA)

Phone: 1-800-772-1213

TTY: 1-800-325-0778

Web: www.ssa.gov

Provides information on various disability benefits available through Social Security.

DISEASE PREVENTION

CDC National Immunization Program

Phone: 1-800-232-2522

Spanish: 1-800-232-0233

TTY: 1-800-243-7889

Web: www.cdc.gov/nip/default.htm

Contains immunization charts for children and adults; educational materials on vaccine safety; an illustrated, quick reference disease chart; and general information on the importance of proper immunization. Select information is available in Spanish.

CDC National Prevention Information Network

Phone: 1-800-458-5231

TTY: 1-800-243-7012

Web: www.cdcnpin.gov

Provides references, referrals, and information related to HIV/AIDS, sexually transmitted diseases (STDs), and tuberculosis (TB). All calls are confidential, and bilingual (Spanish/English) staff are available to assist callers.

Food and Drug Administration (FDA) Office of Women's Health

Web: www.fda.gov/womens

Features materials from the FDA's *Take Time to Care* campaign for the effective management of diabetes and information about pregnancy registries to track the impact of medications taken during pregnancy.

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National Cancer Institute (NCI) Information Service

Phone: 1-800-4-CANCER (422-6237)

TTY: 1-800-332-8615

Web: www.cancernet.nci.nih.gov

Provides information and free publications about cancer and related resources to the public. Spanish-speaking staff members are available to assist callers.

National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP)

Phone: 770-488-5080

Web: www.cdc.gov/nccdphp/nccdhome.htm

Features chronic disease prevention and promotion information, materials, and referrals to the public. Resources include bibliographic databases focusing on health promotion program information for topics including cancer prevention and prenatal smoking cessation.

National Diabetes Information Clearinghouse

Phone: 1-800-860-8747

Web: www.niddk.nih.gov/health/diabetes/diabetes.htm

Provides referrals, patient education materials, and other publications related to diabetes, and responds to telephone and e-mail inquiries.

National Digestive Diseases Information Clearinghouse

Phone: 1-800-891-8389

Web: www.niddk.nih.gov

Offers referrals, patient education materials, and other publications related to digestive diseases, and responds to telephone and e-mail inquiries.

National Heart, Lung, and Blood Institute Information Center

Phone: 1-800-575-WELL (9355)

Web: www.nhlbi.nih.gov

Presents information and educational materials on cardiovascular health and disease prevention.

National Institute of Allergy and Infectious Diseases (NIAID)

Phone: 301-496-5717

Web: www.niaid.nih.gov

Provides referrals and comprehensive health information on allergies, asthma, and a broad spectrum of infectious diseases, including hepatitis, HIV/AIDS, Lyme disease, sexually transmitted diseases, and tuberculosis. Materials may be downloaded or ordered online or via mail.

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NIH Osteoporosis and Related Bone Diseases National Resource Center

Phone: 1-800-624-BONE (2663)

TTY: 202-466-4315

Web: www.osteoporosis.org

Offers resources and information to the public on osteoporosis and other metabolic bone diseases. Information is targeted to at-risk populations: the elderly, men, women, and adolescents.

FAMILY ASSISTANCE

National Clearinghouse on Families & Youth

Phone: 1-800-424-2246

Web: www.ncfy.gov

Contains an event calendar and links to resources for services and information on issues of interest to youth and families.

Childhelp USA

National Child Abuse Hotline: 1-800-4-A-CHILD (422-4453)

National Child Abuse Hotline (TTY): 1-800-2-A-CHILD (222-4453)

Web: www.childhelpusa.org

Contains resources dedicated to the child abuse prevention and intervention, including a fact sheet, guidelines and state reporting contacts, and links to local support services.

Eldercare Locator

Phone: 1-800-677-1116

Web: www.eldercare.gov

Provides referrals to local resources for seniors, and links for caregivers on accessing support and health information.

National Center for Missing and Exploited Children

Phone: 1-800-THE-LOST (843-5678)

Web: www.ncmec.org

Features educational resources and child safety publications that are available to download in both English and Spanish, photographs of missing children, and telephone and online for reporting or providing assistance with a missing child search.

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HEALTH CARE ACCESS

Bureau of Primary Health Care

Phone: 301-594-4490

Web: www.bphc.hrsa.gov

Contains a searchable database of county-level community health indicators and a community health care service locator.

CDC's Division of Cancer Prevention and Control

Phone: 1-888-842-6355

Web: www.cdc.gov/cancer

Provides general information, materials, and news on the prevention and control of a variety of cancers, and features links to specific campaigns, such as *Screen for Life: National Colorectal Cancer Action Campaign* and *National Breast and Cervical Cancer Early Detection Program*.

Centers for Medicare and Medicaid Services

Phone: 1-877-267-2323

TTY: 310-786-0727

Web: www.cms.gov

Contains consumer information on Medicaid, Medicare, and SCHIP eligibility criteria, benefits, and state contacts.

DHHS' Insure Kids Now

Phone: 1-877-543-7669

Web: www.insurekidsnow.gov

Provides state-specific information on SCHIP eligibility criteria, benefits, and contacts.

Food and Drug Administration (FDA)

Web: www.fda.gov/cdrh/mammography

Features educational materials and a database of certified mammography providers searchable by zip code. Publications include a brochure, *Mammography Today: Questions and Answers for Patients on Being Informed Consumers*, that is formatted for download.

National Cancer Institute (NCI) Information Service

Phone: 1-800-4-CANCER (422-6237)

TTY: 1-800-332-8615

Web: www.cancernet.nci.nih.gov

Provides information and free publications about cancer and related resources to the public. Spanish-speaking staff members are available to assist callers.

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National Center for Complementary and Alternative Medicine (NCCAM) Information Clearinghouse

Phone: 1-888-644-6226

TTY: 1-866-464-3615

Web: www.nccam.nih.gov

Offers fact sheets and publications on various topics in complementary and alternative medicine. Bilingual (Spanish/English) staff are available to assist callers. Fact sheets and other information can be sent via fax.

Social Security Administration (SSA)

Phone: 1-800-772-1213

TTY: 1-800-325-0778

Web: www.ssa.gov

Features information about and online registration for retirement, disability, and spouses' benefits. Materials are available in English and 16 other languages.

MENTAL HEALTH

National Mental Health Information Center-Knowledge Exchange Network

Phone: 1-800-789-2647

TDD: 1-866-889-2647

Web: www.mentalhealth.org

Contains a database of fact sheets, educational materials, and links to other resources, searchable by topic. State resource guides listing local mental health services and advocacy organizations are available for download.

National Institute of Mental Health (NIMH)

Phone: 301-443-4513

Web: www.nimh.nih.gov

Contains fact sheets, summaries, brochures educational materials under the "Public" tab for general use. Publications are available for order by phone.

MINORITY HEALTH

Indian Health Service (IHS)

Phone: 301-443-3593

Web: www.ihs.gov

The Indian Health Service provides a comprehensive health services delivery system for American Indians and Alaska Natives with opportunity for maximum tribal involvement in developing and managing programs to meet their health needs. The Web site details all the programs and initiatives under this office and resources for the American Indian and Alaska Native population.

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National Alliance for Hispanic Health

Phone: 866-SU-FAMILIA (helpline)

Web: www.hispanichealth.org

The oldest and largest network of health and human service providers servicing over 10 million Hispanic consumers throughout the United States. The Web site highlights a variety of publications for both consumers and health care providers, and provides links to other health-related Web sites.

Office of Minority Health

Phone: 1-800-444-6472

TDD: 301-230-7199

Web: www.omhrc.gov

Contains information on a broad range of minority health issues; responds to information requests from the public and provides referrals to local technical assistance resources. English and Spanish-speaking staff are available to assist callers.

NUTRITION, WEIGHT CONTROL, AND PHYSICAL ACTIVITY

American Dietetic Association

Phone: 1-800-877-1600

Web: www.eatright.org

Features information to promote healthful eating habits. The Healthy Lifestyle section contains an archive of Daily Nutrition and Healthy Lifestyle tips, Nutrition Fact sheets, and other useful materials.

Center for Nutrition Policy and Promotion

Phone: 703-305-7600

Web: www.usda.gov/cnpp

Provides information on dietary guidelines, the Food Pyramid, and recipes and tips for thrifty and healthy meals.

National Heart, Lung, and Blood Institute Information Center

Phone: 1-800-575-WELL (9355)

Web: www.nhlbi.nih.gov

Presents information and educational materials on cardiovascular health and disease prevention.

National Institute of Diabetes and Digestive and Kidney Diseases—Weight-Control Information Network (WIN)

Phone: 1-877-946-4627

Web: www.niddk.nih.gov/health/nutrit/nutrit.htm

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Contains information on nutrition, weight control, and obesity. The site also contains materials pertaining to the *Sisters Together: Move More, Eat Better* campaign which was designed to encourage African American women to maintain a healthy weight through physical activity and nutrition.

The President's Council on Physical Fitness and Sports

Phone: 202-690-9000

Web: www.fitness.gov

Offers exercise and physical fitness educational materials, and provides technical assistance with program design and implementation.

USDA's Food and Nutrition Information Center

Phone: 301-504-5719

TTY: 301-504-6856

Web: www.nal.usda.gov/fnic

Offers information on food and nutrition, and links to resource lists, databases, and other related Web sites.

RESPONSIBLE SEXUAL BEHAVIOR

American College of Obstetricians and Gynecologists

Phone: 1-800-762-2264

Web: www.acog.org

Contains a searchable database of patient education materials on a range of women's health issues that may be ordered by phone or online.

March of Dimes

Phone: 1-888-MODIMES

Web: www.modimes.org

Spanish: www.nacersano.org

Offers a pre-pregnancy checklist to help women assess their readiness for motherhood, suggestions for talking with your partner, tips for a healthy pregnancy, nutritional information, and *Mama* magazine (in both English and Spanish language versions). The Spanish language Web site and magazine is intended to focus on the specific needs of Latinas.

CDC's National Center for HIV, STD and TB Prevention

STD Hotline: 1-800-227-8922

HIV/AIDS Hotline: 1-800-342-AIDS (2437)

HIV/AIDS Spanish: 1-800-344-7432

HIV/AIDS TTY: 1-800-243-7889

Web: www.cdc.gov/nchstp/od/nchstp.htm

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Provides sexual health information, referrals to local reproductive health services, and links to educational sites. The 24-hour hotline is available to answer questions on testing, treatment, and prevention.

National Institute of Allergy and Infectious Diseases (NIAID)

Phone: 301-496-5717

Web: www.niaid.nih.gov

Provides referrals and comprehensive health information on a broad spectrum of infectious diseases, including HIV/AIDS and sexually transmitted diseases (STDs). Materials may be downloaded or ordered online or via mail.

National Institute of Child Health and Human Development

Phone: 1-800-370-2943

Web: www.nichd.nih.gov

Contains a searchable database of publications on subjects, ranging from acute perinatal asphyxia to women's health, available to download or order.

National Maternal and Child Health Clearinghouse

Phone: 1-800-434-4MCH

Web: www.nmchc.org

Provides educational materials and technical assistance on subjects including pregnancy, infant, child, and adolescent health, and nutrition.

RURAL RESOURCES

National Organization of State Offices of Rural Health (NOSORH)

Phone: 785-296-1200

Web: www.ruralcenter.org/nosorh/default.htm

Contains contact information and some Web links to the Office of Rural Health for each state.

HRSA's Office of Rural Health Policy (ORHP)

Phone: 301-443-0835

Web: www.ruralhealth.hrsa.gov

Provides full-text documents on topics pertaining to rural health, including CHIP enrollment of low-income children, emergency preparedness, domestic violence, physician shortages, and rural health networks. Also offers links to other related sites.

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Rural Information Center Health Service (RICHS)

Phone: 1-800-633-7701

TDD: 301-504-6856

Web: www.nal.usda.gov/ric/richs

Provides referrals, information, and publications on a range of rural health issues.

Violence Against Women—Office of Rural Domestic Violence

Phone: 202-307-6026

Web: www.ojp.usdoj.gov/vawo/about.htm

Features the *Toolkit to Prevent Violence Against Women*, which contains information and materials for community-based organizations and health providers, and links to online domestic violence resources and publications focusing on sexual assault.

TOBACCO USE

CDC's Office on Smoking and Health

Phone: 770-488-5705

Web: www.cdc.gov/tobacco

Posts the annual Surgeon General's Report on Smoking and Health, as well as health information related to tobacco use. Topics include smoking cessation, secondhand smoke, and potential impact of tobacco use during pregnancy.

NWHIC-Breath of Fresh Air

Phone: 1-800-994-WOMAN (9662)

Web: www.4woman.gov/QuitSmoking/index.cfm

Features the Surgeon General's Report, reasons and methods for smoking cessation, and special sections targeting parents and teens. Information is also available in Spanish.

VIOLENCE PREVENTION

Childhelp USA

National Child Abuse Hotline: 1-800-4-A-CHILD (422-4453)

National Child Abuse Hotline (TTY): 1-800-2-A-CHILD (222-4453)

Web: www.childhelpusa.org

Contains resources dedicated to child abuse prevention and intervention, including a fact sheet, state reporting guidelines and contacts, and links to local support services.

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National Center for Victims of Crime

Phone: 1-800-FYI-CALL (394-2255)

Web: www.ncvc.org

Features a wide range of resources, including information on policy, legislation, victim services, and online library; the site also includes a link to the Stalking Resource Center.

National Domestic Violence Hotline

Phone: 1-800-799-SAFE (7233)

TDD: 1-800-787-3224

Web: www.ndvh.org

Provides a national hotline number, local contact numbers, resource links, and information on domestic violence for teens, adults, victims, and abusers. This site also offers instructions to visitors on removing the Web address from their browser history to keep others from knowing they have visited the site.

Violence Against Women Office—Office of Rural Domestic Violence

Phone: 202-307-6026

TTY: 202-307-2277

Web: www.ojp.usdoj.gov/vawo/about.htm

Features the *Toolkit to Prevent Violence Against Women*, which contains information and materials for community-based organizations and health providers, and links to online domestic violence resources and publications focusing on sexual assault.

PYPTH Materials Order Form

Name: _____

Organization: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____

Materials		Quantity	Date Needed
Poster (18" x 36")			
Pocket Planner	African American (Limited quantities; orders < 50)		
	Asian and Pacific Islander		
	Latina		
	Indian/Alaska		
	Women Who Live in Rural Areas		
	Women with Disabilities		
Postcards	African American	OUT OF STOCK	
	Asian and Pacific Islander		
	Latina		
	Indian/Alaska		
Listserv Cards	English		
	Spanish		
STEPS Quarterly Newsletter Subscription (<i>Pick Your Path to Health</i> Program) – 1 per customer			

Please mail or fax this form to:

***Pick Your Path to Health* Coordinator**
6101 Executive Boulevard, Suite 300
Rockville, MD 20852
301-984-7196 (Fax)

Please visit our web site www.4woman.gov/PYPTH to see the materials and to download the Community Action Kit.